

8th July - Notts Summer League Race 4

Retford's team was shorn of several of their runners due to work, holidays and illness and so were unable to field a team of any description in this fourth round race at Worksop. The race distance was just short of five miles and the approx 270 athletes ran over a mixture of trails, pathways and road around Worksop College. Peter Tallents was the first finisher for Retford by a considerable distance, clocking 26 minutes 17 seconds for his 5th place. Raashid Gossiel and Chris Ryan fought to the line, with the former getting over the line in 124th place with a time of 34:24, Chris one place and one second behind. Just over 30 seconds behind these two came Simon Lord finishing 135th in 35:03, with Sunil Vidhani 171st in 38:04. With some of the regular runners not in attendance for the club Chris Ryan is now the only remaining Retford man to have completed all four in the race series, and stands 9th in the over 50's age group.

12th July - Great North 10km

After missing the Worksop race through illness Andy Sly took to the streets of Sunderland for this inaugural event. Although his time of 36:53 was slower than his previous races at the distance this year it was good enough for 34th place in a field of almost 3000 containing many elite/international athletes, with the added bonus of winning the over 40's age category prize.

This Sunday (19th) sees the 6th leg of the club Grand Prix, this will take at the Sherwood Pines 10km.